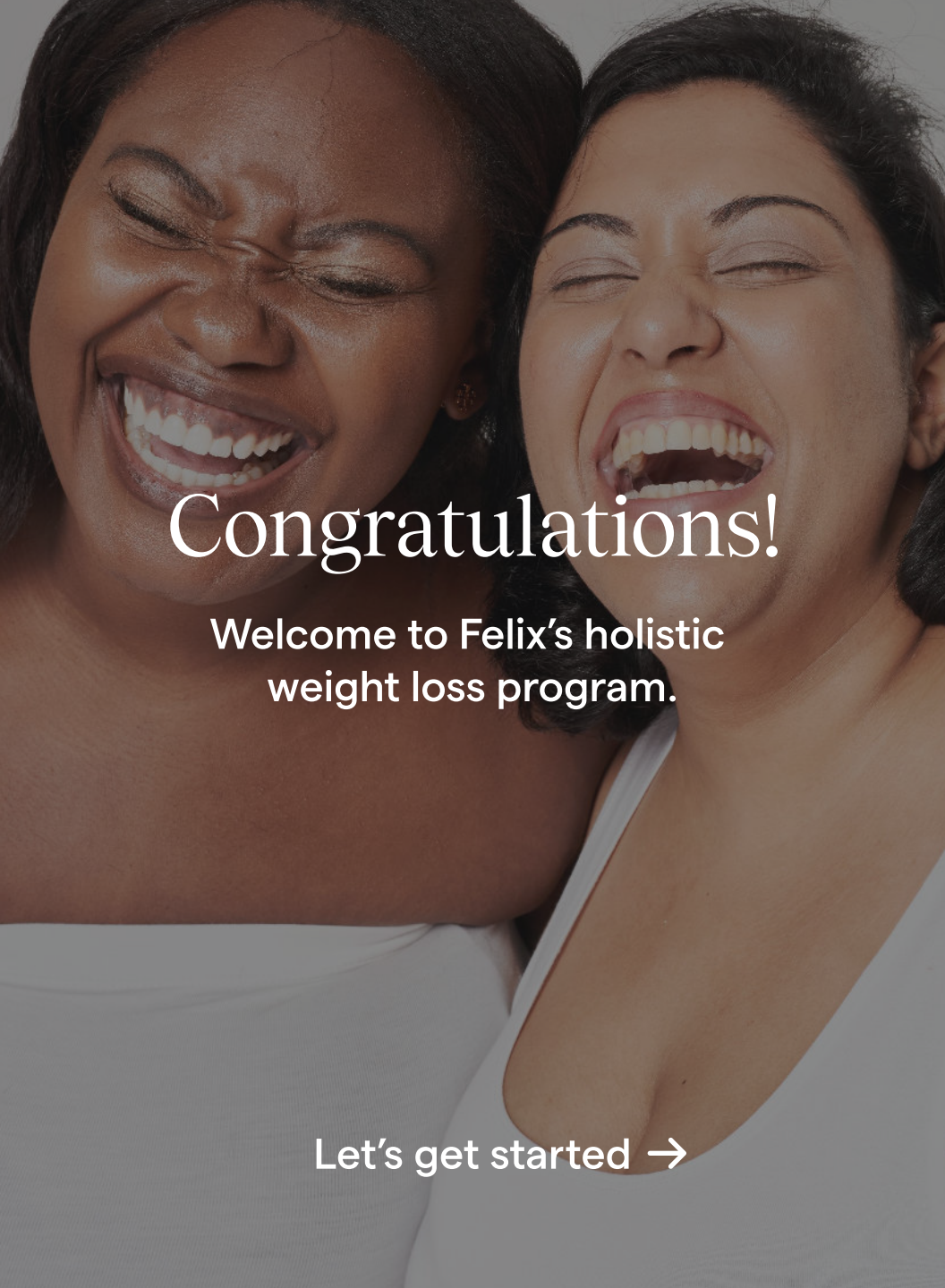


felix

Your treatment guide

A close-up photograph of two women, one Black and one white, laughing heartily. They are both wearing white tank tops. The image is overlaid with a semi-transparent dark grey filter, through which the text is visible.

Congratulations!

Welcome to Felix's holistic
weight loss program.

Let's get started →

Contents

What's in the box	03
How it works	05
Your prescription	08
Using your pen	12
Side effects	17
Shipping and disposal	19
Your WhyPower	24
Notes	26

[Click here for exclusive
access to our online
Sustainable Weight
Management Course](#)

What's in the box

- 1 Your 5 Saxenda® pens
- 2 Sharps container: for proper disposal of used pen needles
- 3 Additional pen needles: to be used with your Saxenda® pens

In addition to this guide, please carefully read the Medication Guide and Instructions for Use within the Saxenda® medication box.

Saxenda[®] and weight management

Saxenda[®] is the brand name for the medication liraglutide used for long-term weight management.

In clinical trials, 63% of participants experienced at least a 5% weight loss at 56 weeks. It's important to note that Saxenda works best when paired with sustainable lifestyle changes in diet and physical activity.

How it works

Liraglutide is what's known as a glucagon-like peptide-1 (GLP-1) receptor agonist. All those scientific words mean it mimics the hormones we already have that control our insulin and glucagon levels.

When you take this medication, it helps decrease your appetite, slows down the emptying of your stomach, and decreases the intensity of your cravings. As a result, many people feel full faster, eat less at meals, and feel full longer.

By decreasing the intensity of your cravings, it helps with your food choices and eating behaviours. These are the main ways that liraglutide helps you to tackle the biology of weight management.

How do I start taking Saxenda®?

The starting dose of Saxenda® is 0.6 mg per day for 1 week. Typically patients increase the dose by 0.6 mg each week depending on your body's response and side effects.

Your healthcare practitioner's aim is to find a steady state dose for you — the lowest effective dose, up to a maximum of 3 mg.

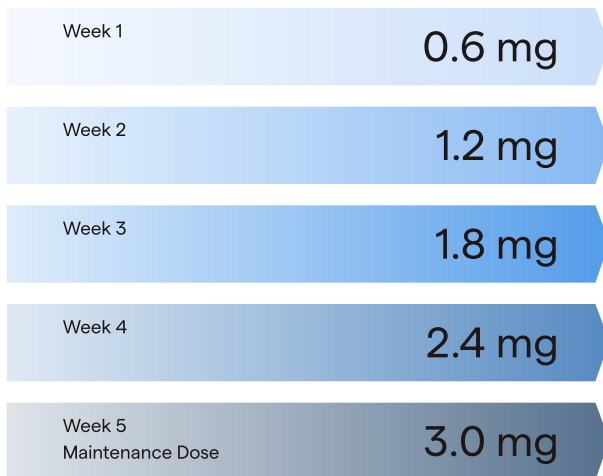
With the Felix program, you will increase your dose as outlined in your medication dosing schedule and treatment guide.

It's important that you do not increase your dose at a faster rate than what your practitioner has advised, including what may be outlined in your medication dosing schedule or treatment guide. This is because the medication was designed to be increased at a specific rate for your safety and in order to minimize side effects. This allows your body time to adjust to the medication.

This treatment guide has been prepared following the anticipated dosing schedule beginning at the starting dose. Do not alter your dose unless instructed by your healthcare practitioner. If you are experiencing moderate side effects please contact your prescribing healthcare practitioner. If you are experiencing severe side effects then you need to seek in-person care with your primary care physician, walk-in clinic or emergency department.

How do I start taking Saxenda®? (cont'd)

The starting dose of Saxenda® is 0.6 mg per day for 1 week. The dose is typically increased by 0.6 mg each week depending on your body's response and side effects. Your healthcare practitioner's aim is to find a steady state dose for you — the lowest effective dose, up to a maximum of 3 mg.



Renewing your prescription

Your first prescription is written for 3 months to monitor results & side effects. You will renew your prescription with your healthcare practitioner after submitting your labs and then completing a virtual checkup.

Approximately 10 to 12 weeks after your initial treatment approval, you'll receive a reminder inviting you to a virtual checkup for your upcoming prescription.

How often do I take Saxenda®?

You should take Saxenda® once a day, at the same time each day. You do not need to take it with meals.

Starting Titration

Because the maximum dose of Saxenda® (3 mg daily) would be too much to start on, you will gradually increase your dose during a titration period in the first 4 weeks.

This is to help your body slowly get used to the medication to avoid any severe side effects.

You should always increase your dose on the same day of the week. For example, let's say you start taking Saxenda® on a Monday, you would then increase your dosage each following Monday until you reach the maintenance dose.

Reaching the Maintenance Dose

After you reach the 3 mg dose, do not change your dose unless your healthcare professional tells you to.

Saxenda[®] dosing calendar

Your Saxenda[®] box contains 5 pre-filled injection pens each containing 18mg of medication. This will last you more than 4-weeks if you are titrating your dose. It will last 4 weeks if you are on a maintenance dose.

On your first day, you begin with the lowest dose possible – 0.6mg.

You should continue with seven doses of 0.6mg during week 1 before moving to the next dose of 1.2mg for week 2 and so on.

During week four, you might find that you have some solution left in your Saxenda[®] pen, this should amount to half the dose that you need for one day.

On that day, you should inject the remaining solution from your current pen, then inject 1.8mg from a new pen to make the dose up to 2.4mg, you can then carry on as normal.

Saxenda[®] dosing calendar (cont'd)

Your first month

Start at 0.6 mg and increase your dose by 0.6 mg each week

Week 1



0.6 mg

Week 2



1.2 mg

Week 3



1.8 mg

Week 4



2.4 mg

Your second month

Start at 3 mg and maintain that dose

Week 5



3 mg

Week 6



3 mg

Week 7



3 mg

Week 8



3 mg

Your third month

Stay at 3 mg

Week 9



3 mg

Week 10



3 mg

Week 11



3 mg

Week 12



3 mg

How do I use my pre-filled Saxenda[®] pen?

Please refer to the full instructions for use in the Patient Information Leaflet.



Step 1 / Attach a new pen needle

- Check the name and coloured label of your pen to ensure you are taking the correct dose.
- Make sure your pen contains clear and colourless Saxenda[®].
- Screw on a new pen needle and pull off both needle caps.



Step 2 / Check the flow

- With each new pen, turn the dose selector to select the flow check symbol. Press and hold in the dose button.
- Repeat until a drop appears.



Step 3 / Select your dose

- Turn the dose selector until the dose counter shows your dose (0.6 mg, 1.2 mg, 1.8 mg or 3 mg).

Count slowly
1-2-3-4-5-6



Step 04 / Inject your dose

- Insert the needle into your skin.
- Always use the dose counter and the dose pointer to see how many mg you have selected before injecting this medicine.
- After the dose counter reaches 0, slowly count to 6.



Step 05 / Remove the needle

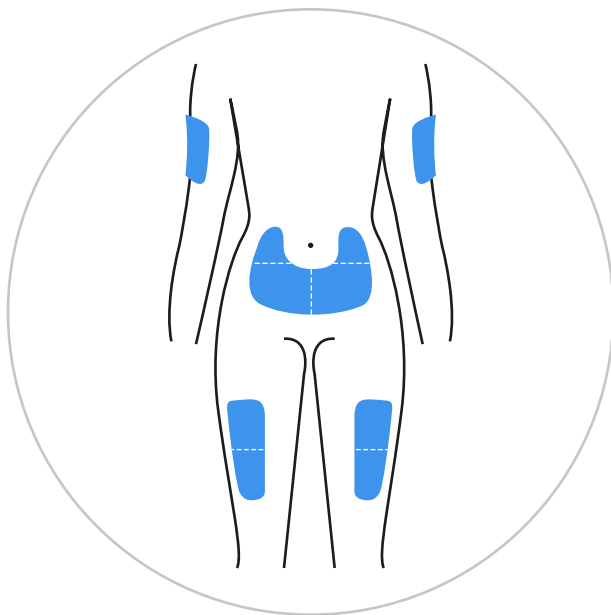
- Carefully remove and dispose of the pen needle with the sharps container provided.
- Put the pen cap back on.

[Click here to see a video of how to use your Saxenda[®] pen](#)

Where do I administer Saxenda®?

The best places on your body to inject Saxenda® are the front of your thighs, the front of your waist (abdomen), or your upper arms.

If you are having issues injecting in these areas, please contact your healthcare practitioner or pharmacist.



Pen needles

Your package contains pen needles that you will need to use with your Saxenda® pen. You should have sufficient needles to last for one month of treatment.

It's essential to take your medication exactly as instructed by your healthcare practitioner, even if it means using fewer needles than have been provided.

What do I do if I forget to take my Saxenda® dose?

If you miss your daily dose of Saxenda®, take it as soon as you remember. Then, take your next daily dose as usual on the following day.

Do not take an extra dose of Saxenda® or increase your dose on the following day to make up for your missed dose.

If you miss your dose of Saxenda® for 3 days or more, contact your Felix healthcare practitioner to talk about how to restart your treatment.

Important note: Do not take an extra dose or increase the dose to make up for a missed dose.

Possible side effects

Like all medication, Saxenda® may cause side effects, although not everybody gets them.

Some common side effects (affecting more than 1 in 10 people) are nausea, vomiting, constipation, diarrhea, or acid reflux. These typically resolve within a couple of weeks. If you are experiencing side effects that are moderate, please speak with your healthcare practitioner. If side effects are intolerable or severe, please seek immediate in-person care.

Low blood sugar (hypoglycemia) could be a side effect when Saxenda® especially when used with a sulfonylurea medication or insulin.

The warning signs of low blood sugar may come on suddenly. They can include: cold sweat, cool pale skin, headache, fast heartbeat, feeling sick (nausea) or very hungry, changes in vision, feeling sleepy or weak, feeling nervous, anxious or confused, difficulty concentrating, or shaking.

If you are using a sulfonylurea medication or insulin, please discuss this with your healthcare practitioner prior to starting Saxenda®, in order to better understand what to do if you notice these warning signs.

Tips for managing side effects

Common side effects of Saxenda® are gastrointestinal (nausea, vomiting, constipation, diarrhea and acid reflux). There are a few things you can try that may help manage them, such as:

- Eating smaller, more frequent meals
- Eating slowly
- Drinking plenty of water (staying hydrated)
- Avoiding fatty foods
- Avoiding eating in the evening/night
- Increase amount of fibre in your food

If you are experiencing side effects that are moderate, please speak with your healthcare practitioner. If side effects are intolerable or severe, please seek immediate in-person care.

Storage

Saxenda® should be stored in a refrigerator between 2°C to 8°C (36°F to 46°F). Do not store in the freezer or directly adjacent to the refrigerator cooling element. Do not freeze Saxenda® and do not use Saxenda® if it has been frozen.

After initial use of the Saxenda® pen, the pen can be stored for 30 days at controlled room temperature 15°C to 30°C (59°F to 86°F) or in a refrigerator 2°C to 8°C (36°F to 46°F).

Protect Saxenda® from excessive heat and sunlight.

Keep the pen cap on when not in use. Always remove and safely discard the needle after each injection and store the Saxenda® pen without an injection needle attached. This will reduce the potential for contamination, infection, and leakage while also ensuring dosing accuracy

Never share a Saxenda® pen with another person, even if the needle is changed. Doing so carries a risk for transmission of blood-borne pathogens.

Stability

Your Saxenda® pen can be used for up to 30-days after the first use. Each pen has a window where you can see the medication liquid inside. If the liquid is clear and colourless (like water), your medication is stable and ready to be used.

If you notice anything floating in your medication (e.g. if it looks more like lemonade than water), or if the liquid is a different colour than clear, don't take your medication. Contact a Felix pharmacist right away.

Do's and don'ts for safe sharps disposal

The pen needles you use for your weekly doses are considered **medical sharps** and should be disposed of properly along with your unwanted/unused medication.

- ✗ **Don't** flush them.
- ✗ **Don't** put them down the sink.
- ✗ **Don't** throw them in the garbage. Taking any of these actions can put your family, pets, your community, and the environment at risk.

- ✓ **Do** take your full sharps container to a location that participates in HPSA's free take-back programs. By doing this, you ensure the proper collection and disposal of these items.

How to return medical sharps

You may only need to dispose of your medical sharps once per year on average.

- 1 Use the medical sharps container provided to keep all pen needles in a safe and secure place.
- 2 After use, place your pen needles in the provided container, ensuring the stack of sharps stay below the lid closure line.
- 3 Follow the instructions on the container to permanently close the lid and return it to a participating HSPA location.

[Click here to find a participating HSPA locations near you](#)



Notes

Finding your WhyPower

WhyPower is your compelling personal and emotional reason for wanting to manage your weight. Identifying your WhyPower will be the driving force that propels you to sustainable, long-term weight management and a healthy lifestyle that feels great.

In this 5-whys exercise, you'll get into the true "why" behind your desire to lose weight. Don't overthink it — write down whatever comes to mind. Dive deeper and keep asking "why" until you get to your one compelling reason.

By the time you've gotten to the fifth "why", you should have a pretty good idea of some of your core priorities, values and motivators.

[Click here for Module 2 of our Sustainable Weight Management Course](#)

Why do you want to manage your weight?

Why?

Ok, why?

But why?

Ok, why?

Ok, but why?

[illegible]